



NEW COMMUNITY

CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 2 NO. 11

NEWARK, NEW JERSEY

JANUARY, 1985

NCC Administrative Offices Move To St. Joseph Plaza

Rainbows reflecting on windows, walls and carpeting bring a glow to the new administrative offices of New Community at St. Joseph Plaza.

From an inauspicious beginning in office space carved out of a madeover apartment, we have grown into the magnificent colorful surroundings of a beautiful former church. The stained glass windows which greet the eye each morning as we are lifted up in the glass enclosed elevator to our perch amidst the former rafters, can-

desk or paints a picture on the carpet near us.

Sixteen years ago there was one employee, paid by a grant from Eberhardt Industries, as the plan to build decent attractive housing for the low income people of Newark unfolded. Gradually one person and then another was hired, and a separate finance department was formed.

As time went on and the 88 million dollars worth of construction and



not help but lift the spirits as well. And as the sun passes from one beautiful window to the next, its passage creates everchanging light in gorgeous color on our surroundings, evoking admiration as it crosses a

rehabilitation became a reality, the finance department invaded the large conference room and meetings were crowded into a smaller one. A few months ago that smaller one became the home of the fledgling New Com-

munity Federal Credit Union, whose development phase is being funded by The Fund For New Jersey.

We had run out of space, and we were still growing.

It was time to move on.

As with any new building, finishing touches are still in progress. A problem with the telephones recently provided a communications black-out for a full day — but it seemed heaven sent as boxes were unpacked and the new office set up in an unprecedented

uninterrupted workday.

The smell of fresh paint fills the air and sounds of carpenters working in other areas let you know that new life is in the building. The glorious colors on walls and trim throughout accent the colors in the windows and restore the majestic look of the former St. Joseph Church.

Again the work being done within these walls will benefit people from all walks of life for whom the Lord is so concerned.

And so are we.

New Community Federal Credit Union Chartered

New Community heralded another "first" on January 14th as organizer and manager Marie Damestoir accepted the Federal charter for the New Community Federal Credit Union (NCFCU) from Samuel Gordon, National Credit Union Administration Examiner. The presentation of the charter marked the official beginning of the newly formed credit union.

The charter was the first given in New Jersey to a credit union serving limited income members. Because of this unique ability the New Community Federal Credit Union will also be allowed to accept deposits from non-members and will be open to any organization wanting to become members. A non-member is anyone outside the field of membership who is willing to make a deposit in the credit union to support it; they will be getting the same interest as members but will not be able to use the loan services.

Both member and non-member

deposits will be insured up to \$100,000 by the Federal Government through the National Credit Union Administration (NCUA) according to the regulations set down by the Federal Credit Union Act.

The New Community Federal Credit Union will through its service to employees of NCC, Babyland, St. Rose and their affiliates as well as residents of NCC housing, in effect put money deposited in its care back into the economy of the community through its services, loans, etc. Providing direction to the new credit union will be members of the New Jersey Credit Union League, representatives of which were at the ceremonies.

John Di Sessa, a director of the N.J. Credit Union League, and president of the Essex/West Hudson Chapter was enthusiastic about the NCFCU, and predicted that within two years, with the potential population it has to draw from, the New Community

(continued on page 3)

National Credit Union Administration

Hereby certifies that each member account in

NEW JERSEY CREDIT UNION

is insured by the

24167

Insurance Certificate Number

NOVEMBER 29, 1984

Issue Date



E. F. Callahan

E. F. CALLAHAN
CHAIRMAN

New Systems Analyst

Joining the management group this month as a special assistant focusing on systems analysis is William Cruz. He is a graduate of Rensselaer Polytechnic Institute with a BS in physics and a concentration in electronics. Bill has also attended management and accounting courses at Rutgers University. His earlier schooling at Barringer H.S. in Newark saw him graduate first in his class.

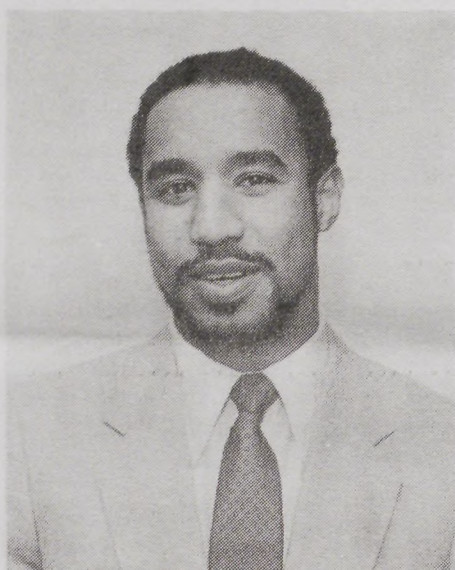
His studies at Rensselaer gave him an extensive background in psychology as well, since Bill did lab work for professors in that area.

While at Rutgers, Mr. Cruz worked full time in private industry, before joining the State of New Jersey Housing Mortgage Finance Agency where he gained further experience in housing and management.

Since the management responsibilities of New Community have grown by leaps and bounds, Bill hopes to analyze and refine the present systems employed by management to keep the efficiency of the group at its maximum, with an emphasis on corporation policies and procedures.

Mr. Cruz is a person who believes in keeping a balance to his life. He is very interested in youth and tutored for 2 years while in college. While at Rutgers he tutored at the Bloomfield

Upward Bound program. He is devoted to youth education programs and feels that every youngster has the ability to learn and progress and



William Cruz

therefore to benefit the human race.

Bill will fit in well with the youth of New Community as he plays a mean game of volleyball and tennis — having belonged to the team 6th in the nation in volleyball while at school.

Let's hope his energies benefit the young residents of NCC.

We wish him well in his new position.

—Something of Interest—

For more than 34 million persons living in poverty today, the American dream is a hollow nightmare.

We've been told that anyone willing to work hard need not be poor. A job signifies a ticket to economic self-sufficiency. But the reality suggests otherwise.

- Unskilled laborers continue to pour into unemployment lines. In the last three years some three million manufacturing jobs have been lost to shut-downs. In 1982 alone, 600 plants and production facilities closed.

- One American child in five is poor today; for black children, it's one out of two.

10,000 Sign Shopping Center Petition

Due to the overwhelming concern in regards to the Pathmark Shopping Center, a campaign to sign 10,000 Newark residents in a form of petition to the Governor, Mayor and the President of the City Council, requesting their support in what is now known as the "Neighborhood Shopping Center Project," was begun. The response has also been overwhelming. The local churches, school and

housing complexes have been recruiting signatures and it was announced that the 10,000 goal has been reached. The effort of people getting petitions signed has been great, however, the need for a place to buy quality food at reasonable prices is even greater, and to that is what we attribute our success. Madge Wilson, Coordinator of the project, with the assistance of Georgia Ransome, wish to express their gratitude to all the people who worked on this project. Your reward will come when along Bergen Street and South Orange Avenue an oasis will replace a desert and a trip to the Supermarket won't have to be in Kearney or South Orange. In fact, many unemployed residents and students will find employment in this complex. It is certainly long overdue.

Mr. Arthur Wilson, President of NCC, said the purpose of the project was to inform the population of the City and to give them an opportunity to express their support. The lack of opportunity to shop in the Central Ward is in crisis proportions and the enthusiasm expressed by the people for this project indicates how serious people judge the situation to be.

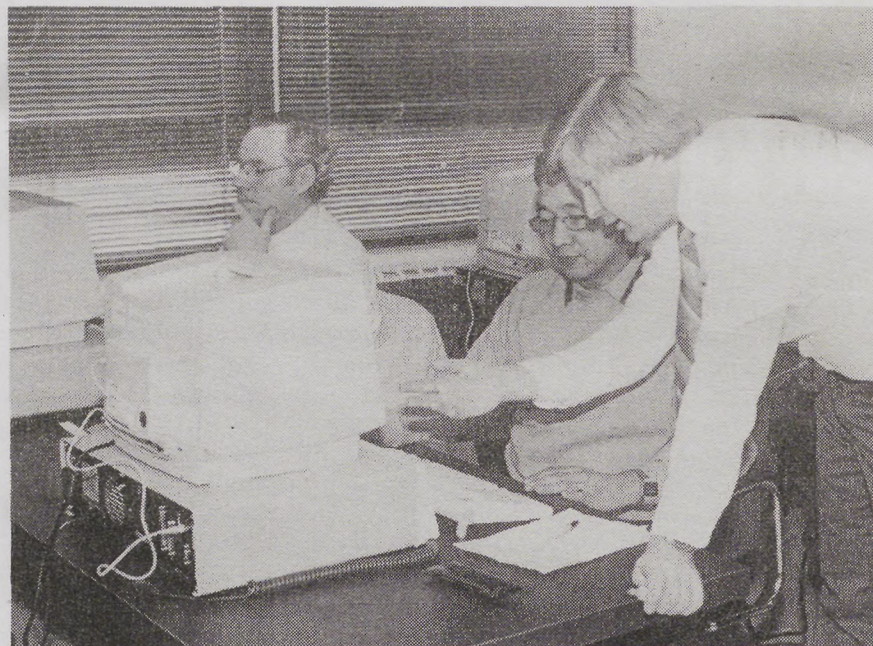
Mrs. Ransome said that a decision would be made shortly as to whether the goal of 10,000 signatures should be expanded.

NCC Continues Computer Education

On Monday, January 7th, eight employees attended an advanced computer seminar at the New Jersey Institute of Technology. The all day seminar stressed the utilization of DBase II, a popular data base management system. The content and presentation of the seminar was custom tailored to the needs of the group.

This meeting builds on the general introduction presented to employees

Mark Babinski of the Center for Information Age Technology, has considerable experience in the field of data base systems. Under Mark's guidance employees created personal data files on the personal computers. Much of the instruction focused on the manipulation and selective presentation of the data within the computerized files. Attendants learned to add new data and to modify existing data. The seminar also focus-



Mark Babinski, consultant to Center for Information Age Technology, gives hands on instruction to Gerry Gannon, left, of N.C. Social Services Department and Benjamin Po, from N.C. Maintenance Department.

in August. The smaller group was able to focus on specific uses of the computer within the NCC network. The operation of the IBM personal computer (PC) was one focus of the seminar. Each attendant had their own PC, for hands on experience. They learned how to start the computer, load and execute programs and make copies of the programs.

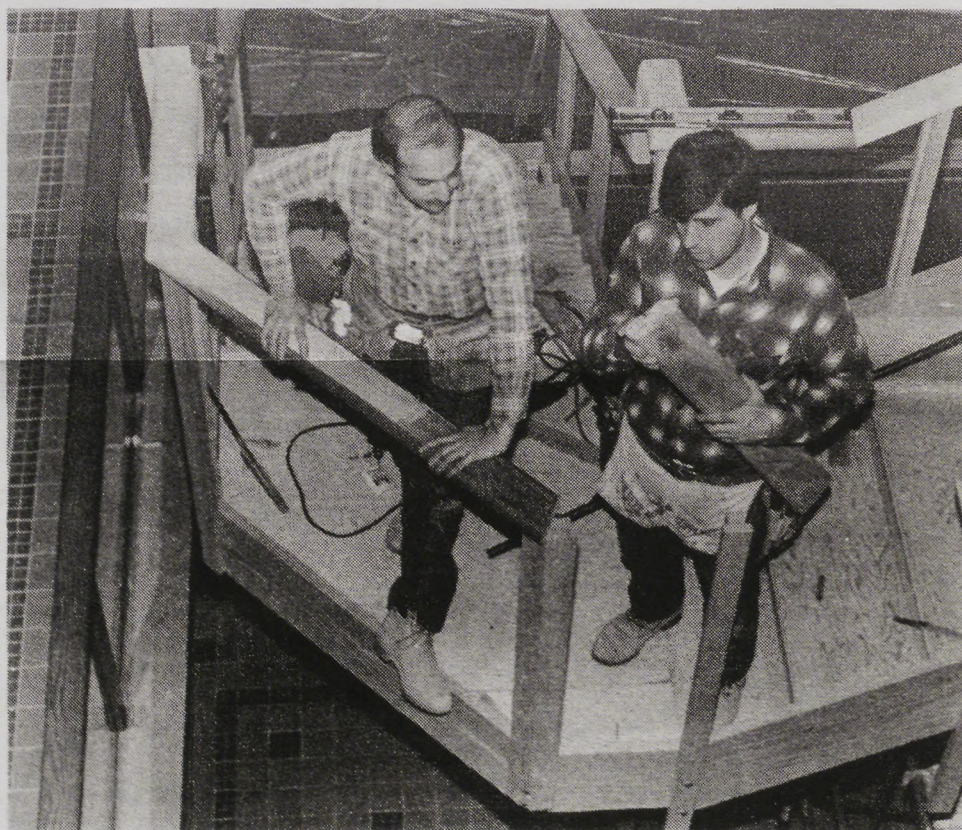
The major focus of the seminar was data base utilization. The instructor,

ed on sorting techniques and custom report generation.

The experience gained from this seminar was beneficial and enjoyable. Many employees have already begun to utilize DBase II to help organize the information they need. We look forward to working with the Center for Information Age Technology to continue these helpful seminars.

James Rohrman

Finishing Touches



Even though some offices are already occupied work goes on to create the focal stairway connecting the atrium to the New Community second floor offices. Carpenters are busy also on the new health spa and the sandwich shop.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

PUBLISHER: New Community Corporation
EDITOR: Patricia A. Foley

Send to: The Clarion
c/o New Community Corporation
233 W. Market Street
Newark, New Jersey 07103
(201) 623-2800

Circulation: 6,000

Credit Union Commentary

Having Trouble Saving Money?



Marie C. Damestoir

We are happy to announce that we have received our charter and the New Community Federal Credit Union (NCFCU) will be in operation by mid-January of 1985.

A Charter is a written grant of certain rights or, privileges by a legislature to a business or an organization, in which is bestowed the policies and by-laws, by which the organization is to function.

New Community Federal Credit Union, for the first six months of operation will offer these services to its members: savings plans, direct deposit, payroll deduction, money order purchases and counseling services.

Did you make your New Year resolution this year to save more money or open up a savings account for the first time? The NCFCU will provide you with a savings plan that will help you with your goals this year.

First of all you have to decide what's important for you and your family in the near and distant future as you review your spending plan (yes, that does mean a budget) and to make saving part of a plan. Now lets say you want to make all your holiday purchases without going into debt. Decide how much you want to spend, for example \$500.00, then you will have to estimate how much time you will need to accumulate it — one year. Next commit yourself and other family members to a saving plan, \$10.00 per week is an example.

By the time the holiday comes around again, you'll feel great to be free of holiday bills and you will also have established the saving habit.

Most financial advisers suggest that you have three to six month's earnings in savings as a cushion against financial adversity — job loss or disability, for instance. This may seem to be a large figure, but don't let the goal discourage you.

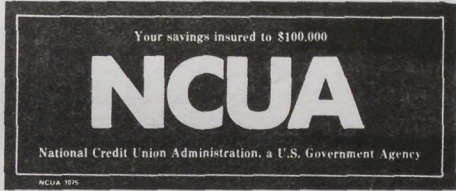
With our direct deposit plan you will avoid the hassle of handling your next paycheck, or other regularly issued checks, such as social security, military veteran, and disability.

Instead of receiving, signing and depositing these checks they will

automatically go into an account you designate. Direct deposit eliminates the possibility of a check being lost or stolen before it can be deposited. You will also bypass long lines on payday and your money can start earning interest right away.

Employees of NCC, Babyland and St. Rose of Lima — our payroll deduction plan is for you. Payroll deduction also allows you to make deposits without going to the Credit Union Office. Payroll deduction differs from direct deposit in that only a portion of a paycheck is sent directly to the Credit Union, but it offers similar advantages. You can use payroll deduction to make both savings, deposits and loan payments.

Let's be more thrifty this year, and then, trick yourself into helping your spending plan work for you. Be sure to write down every penny you spend and all family members, paying close attention to miscellaneous items, especially if you feel as if you don't know where your money goes. If lunch takes too much — brown bag it for a while. If you really must have a can of soda at breaktime, you can



spend over \$100.00 a year. And if you're supporting a smoking habit, you're paying out over \$350.00 a year.

Instead of buying books this year, which is another expense, use the library — "it's free." Buy generic brand house hold items and groceries, fresh foods instead of canned or prepared. Make sure to always compare shops for everything you buy.

Improve your physical and financial health at the same time by walking or biking instead of driving when possible.

If you thought that saving money and spending cautiously were odious, your new financial independence will make you glad you changed your ways. No, you won't make headlines, but you will be free of anxiety about money.

To those of you who have pledged to the Credit Union, someone will be contacting you shortly so that you can expedite your pledge.

New Community Federal Credit Union will be located on the first floor, in the newly renovated St. Joseph Plaza, 233 West Market Street, Newark, New Jersey, 07103.

We have all made New Year's resolutions in the past and have not kept them. Make this year different. Pick up the phone today and call Marie C. Damestoir for more information, at 623-2800 extension 208.

Credit Union Chartered...

(continued from page 1)

Federal Credit Union will be a million dollar credit union.

The development phase of the new credit union was funded by a \$25,000 grant provided by the Fund For New Jersey.

Officers of the NCFCU are Roberta Singletary, President; Ralph Simpson, vice-president; Alma Hanks, secretary and Matthew Reilly, treasurer. Directors are Rev. William Linder, Arthur Wilson and Mary Smith.

Applications for membership in the credit union will be available immediately and those persons who pledged deposits will be notified as soon as surety bond coverage is obtained.

Then we're on our Way!

Also attending the charter ceremony from the N.J. Credit Union League were Bill Mason, past president, Thomas O'Shea consultant with the League and resource person and James Gallagher, communication specialist.

In his remarks Mr. Gordon pointed out that the credit union is a business. It will be serving a low and moderate income population and providing an extremely valuable service to them and to the community in which they live.

We are pleased with the support given so quickly to the credit union and hope the pace of growth and service will continue to accelerate and expand in this initial year.



Sam Gordon, National Credit Union Administration Examiner presents charter to Marie Damestoir, Manager of NC Federal Credit Union, left, and Roberta Singletary, President, right.



Displaying Charter for New Community Federal Credit Union are left to right, Rev. Wm. Linder, Director; Matthew Reilly, Treasurer; John DiSessa President of Essex-West Hudson Chapter, N.J. Credit Union League; Bill Mason, past president of the N.J.C.U.; Marie Damestoir, Manager of New Community Federal Credit Union; Art Wilson, President of the Board of New Community Corp., and Roberta Singletary, president of the New Community Federal Credit Union.

Make a New Year's Resolution

Join New Community Federal Credit Union!

The Anti-Crime Corner



by Georgia Ransome

The opening of the Neighborhood Anti-Crime Center at 5 Somerset Street is scheduled for Monday, January 14th. There will be open house from the 14th through 17th. It is hoped that all the Douglass Harrison residents will come in and pick up some of the literature that will be on display and enroll in the program. The program is designed to target two areas: education preventing crime victimization and advocacy for people who unfortunately do become victims.

Since crimes against the elderly have soared in the past ten years, more and more resources are becoming available to assist our population that are facing the aging process. It is difficult to implement these programs because it has become a distorted opinion that older folks are senile; sad and depressed; want to be left alone; expecting to die soon. Some of the other misconceptions are that seniors hide money and are rich. These stereotypes are in most cases not at all true. Most seniors at 62 or retirement, are not ready to retire physically or mentally. Many con-

tinue some form of part time employment and they become the best volunteers. They are in most cases the back bone of their churches, or social group, yet they are the first to be considered helpless in circumstances where the opportunity for crime exists.

The primary reason for this assumption is because of the restricted mobility of older citizens, the fact that they become creatures of habit in terms of social security checks, where and when they shop, etc.

There are, however, senior citizens organized to prevent crime against the elderly. It is the anticipation of the crime center to organize our senior residents toward the same objective.

Douglass-Harrison is a complex of seven hundred fifty-four residents of which 85% are seniors. Many have resided in the same area for over 40 years. One resident pointed out that when she moved onto Somerset Street there was a stable with horses housed on the other end of the block. Many of the people here now that were here from the beginning, are the ones who are now captive in their apartments for fear of becoming victims of crime.

It is the hope of the Anti-Crime Board that most of the senior residents will join the anti-crime program to help make Douglass-Harrison a safer and happier place to live.

*Answer the questions in the Quiz to see how much you know about senior citizens. The answers will appear in next month's issue.

FACTS ABOUT AGING — A QUIZ

TRUE/FALSE

- _____ 1. Most retired Americans are satisfied with their retirement.
- _____ 2. At least 20% of older people eventually must accept financial support from their children.
- _____ 3. Three out of four older people are fully able to get about unassisted.
- _____ 4. At least 20% of older people eventually become senile.
- _____ 5. Most women over 65 are widows and most men over 65 are married.
- _____ 6. People become more religious as they grow older.
- _____ 7. Older people are idle much of the time.
- _____ 8. Most older persons have children with whom they maintain regular contact.
- _____ 9. Most older people over 65 have no interest in, or capacity for, sexual relations.
- _____ 10. About one-tenth of the elderly are living in long-term care institutions (i.e., nursing homes, mental hospitals, homes for the aged).
- _____ 11. Aged drivers have fewer accidents per 1,000 than drivers under age 65.
- _____ 12. Most older workers cannot work as effectively as younger workers.
- _____ 13. Older workers have fewer accidents than younger workers.
- _____ 14. Most older people are set in their ways and unable to change.
- _____ 15. The majority of old people are seldom bored.
- _____ 16. The majority of old people are socially isolated and lonely.
- _____ 17. An older person, in reasonably good health and mentally active, will show little decline in intellectual ability.
- _____ 18. At age 50, the average life expectancy is approximately 27 years for males and 31 years for females.

The Douglas

Happy New Year to everyone. Because we the tenants at NC Douglas really brought the New Year in with a bang. It started out as a small get together and ended a big bash. The food and noise makers were plentiful. Everyone had a great time to the wee hours.

Mrs. Helen Vaughn, Mr. & Mrs. George Holley, Mr. & Mrs. John Branham, Ms. Elizabeth Davis, Mrs. Mable Kearny and all of us contributed to see that everyone had a wonderful evening.

Christmas Party and Dinner

The Douglas Christmas Dinner Party, December 14, 1984 was a great success. We had a full house and all the traditional holiday trimmings.

It was an occasion that was enhanced by the beautiful decorations done by Helen Vaughn, Elizabeth Davis and a few others whose names were not available, but in reading this they will know that it was appreciated.

The dinner was cooked mainly by Mabel Kearny. Tenants brought covered dishes, cakes, pies; name it, we had it.

The music was supplied by Grace Chambers. She has a rare collection of oldies but goodies. Dinners were delivered to our sick and shut-ins by

the "We Care Club" members and Sister Hortensia.

Thanks to all that participated, it made our affair a success.

Alma Hanks

The Douglas Garden Club

On December 18, 1984 the Rutgers Urban Garden Project honored the Douglas by having the Award Luncheon at our building. The Douglas Garden Club came in third place, in a nation-wide contest of urban gardens—quite an accomplishment.

There was very little publicity given to this project or the contest but Rutgers pushed it through the levels. The Advisory Board consisting of Tom Digest, Chairman, Maurice Samson, Kay Lonnigan, and Martha Freeman helped tremendously.

All told \$300,500.00 worth of produce was grown which makes the Garden Clubs self sufficient, which is what Garden Clubs are about. Thank you Douglas Gardens Club.

Rutgers also established a Farmers Market at West Market Street on the grounds of Bethany Baptist Church. Food prices are lower and the quality excels. There was hesitation about this venture because of it being Newark, but it has proven to be quite successful.



Members of NC Douglas Garden Club showing nationwide award for their garden received at dinner recently. Left to right are president, Sarah Mayse; Peter Williams; secretary, Dorothy Curry; Irena Ricks; Bernice West and Lilian Gale.

Would You Like Breakfast?

An assessment is being done to determine the need for a breakfast program that would include all the New Community projects including Douglass-Harrison. This program would be in response to the concern of many seniors, who as a result of the cutback in homemaker services, no longer have someone to fix their breakfast. This concern is especially important because many of the people affected are diabetic and really have to have their meals in order to take their insulin. If you think you could benefit from this service please call 623-6114 Sister Anastasia or 623-4520 Georgia Ransome to have your name placed on the list. Your response will determine the successful implementation of this program.

Georgia Ransome

Commons Seniors

This is the time of the year when everyone is enjoying the holidays.

The Christmas tree in the mailroom is beautiful with all its splendor and glitter.

Each floor is decorated with all the pretty holiday trimmings.

A surprise birthday party was given for Ms. Julia James who heads our Arts and Crafts Club. She was really surprised too! The food was delicious.

Gospel Chorus

The Gospel Chorus of 140 So. Orange Avenue held a musical program Friday, December 7th. They had a nice crowd. Refreshments were served.

We wish everyone a Merry Christmas and a Happy New Year.

Mary Porter

NC Gardens Family

We the tenants of NCC Gardens Family Tenants Association are growing in our aspirations of helping our community to become more prosperous, as well as a positive community to live in. We are asking for more tenants of Gardens Family to come and join and support out cause for the entire community.

Our next meeting is Monday, January 14th at 6:30 p.m. at 220 Bruce Street.

We hope to see you there!
Emma Grier
Frances Dudley

Babyland II

The holiday season was an exciting time for the children and they are still talking about the visit that Santa made to Babyland II.

Since then they've had their chance to further develop their language arts area by bringing in a small item for "Show and Tell." Naturally, they brought in a favorite Christmas gift. This activity included the parents who are encouraged to work in the classroom to utilize parent training received via the weekly parent workshops. Incidentally, many of the parents are gaining career direction and some have expressed interest in upcoming skill training courses offered by local business and social service resources. The PRS office offers community resource information as well as direct social service delivery.

During the up-coming weeks the children will be learning more about the winter season through classroom observation and exploration.

Beverly Dunn
Social Worker/Supervisor

Santa Claus Visits Babyland III

The children at Babyland III were filled with excitement as Sister Marie, our Center Supervisor led Santa to the various classrooms.

A mixture of emotions was displayed when they saw him. Some were so thrilled and fascinated they immediately ran up to him, shook his hand and even tried to pull his flowing white beard. Others were jumping up and shouting "Oh look at Santa Claus, look at Santa Claus." Some were just content to observe him

Seniors Attend Spectacular

On Thursday, December 20, a group of Senior residents enjoyed a lovely day out on their annual trip to Radio City Music Hall for the "Christmas Spectacular." There were lots of smiles as the curtains rose to display the splendor of the many Christmas scenes. Among the many performances were the sensational Rockettes in their popular rendition of the "March of the Wooden Soldiers." The choreography was truly of the highest caliber. Cameras were flashing all over the theatre, while the audience stared in amazement as the show concluded with the all time favorite "Nativity" scene. Each year the Christmas Show seems to get bigger and better!

Following the show, the group enjoyed a buffet luncheon at the famous **Mama Leone's Restaurant**. The meal, which included all kinds of pastas, meatballs, sausages, chicken, and the like, was truly "Deliciosus." The residents enjoyed all they could eat. During the meal they were afforded an opportunity to exchange comments about the show; each expressing their enjoyment of the day. The weather was just perfect for the trip, and the bus driver, Mr. Johnson, was very helpful as he assisted the residents boarding and exiting the bus. The residents travelled by Valley Transportation. Everyone wanted to know the date and location of our next trip. Plans are being arranged for a trip to **Madison Square Garden** for the colorful and exciting entertainment of the ICE CAPADES. A date has been tentatively scheduled for **Friday, February 8, 1985, at 2 p.m.**

quietly from a distance while a few were scared and began to cry. Santa also had several pictures taken with many children around the tall Christmas tree which was beautifully decorated by Sister Pat Finnerty.

Each child received a gift and everyone had lots of fun singing and dancing to Christmas records.

Refreshments were also served to the parents as they arrived at the end of a most joyful day.

Ruth Darlington
Teacher—Babyland III



Santa Claus greets children at Babyland III at recent Christmas party.

A "Super" Super



Beautifying NC Associates with his gardening prowess is Mr. John Calhoun who is the superintendent of the building. His attention to the building and its residents was recently rewarded by them with a plaque.

For nearly all the time Ms. Ellen Watson has lived at NC Associates she's been trying to get a "super" to put flowers along the sidewalk leading to So. Orange Avenue, and around the trees to beautify the area. Not one of them granted her wish until Mr. John Calhoun came in August 1983. He had previously worked as a mechanic in chemical plants, until in 1977 he began working as a superintendent, first at Cambridge Apartments and then at Grace West Manor before coming to Associates. He made Ms. Watson very happy by planting the garden she dreamed of and his handiwork added beauty to the landscape. Most of the tenants are pleased with the way he goes about doing what has to be done. We've seen him work on his days off, and after working hours. He says he finds his work interesting and challenging. At the NCC Social Service Christmas Party

December 17th, he was presented with a plaque by Mr. Joe Chaneyfield from the tenants. All of the clubs and organizations worked together giving donations towards the plaque; the Inspirational Chorus whose president is Bertha Whatley, Senior Citizen President Maude Jones, Bingo Club's Thelma Baker and Ann Love, and Floor Captains and Arts and Crafts President Ellen Watson were in total agreement. It goes to show what can be done when everyone works together. Yes, Mr. Calhoun, we really are glad you are our Superintendent.

—NC Manor—

Crib Blessing

On December 17th Manor Senior hosted the annual blessing of the crib. The ceremony started at 6:00 pm. with Father Linder blessing the crib, after which there was singing by the St. Rose Choir, led by Mrs. Emily Ross. There was a chill in the air, but hearts were warmed by the holiday spell. When the singing was over, everyone was invited inside to warm themselves with hot chocolate, donuts and cookies.

This year was especially nice because so many of the parents came out to be with their children, and as always the seniors enjoyed the mingling of new faces.

Holiday Premiere

The seniors at 545 Manor were honored with being the first to see the holiday production of "The Toymaker," a play produced under the direction of Mrs. Emily Ross and performed by the students at St. Rose of Lima.

It was most exciting, especially to the children who worked so hard all year, to be able to give a dress rehearsal on the day of the show. The show ran for two evenings, December 19th and 20th, at St. Rose Auditorium.

There certainly was a lot of talent to behold.

NC Associates

Christmas Party

The Christmas Party on December 17, 1984 given by the Social Services Department was lots of fun, and joy was felt throughout the community room. There was plenty of good food; it seemed almost everyone had a snack for later. The anticipation of waiting for your ticket number to be called for a door prize kept everyone on their toes. Mr. and Mrs. Santa Claus were entertaining and made the guests happy, with gifts they received.

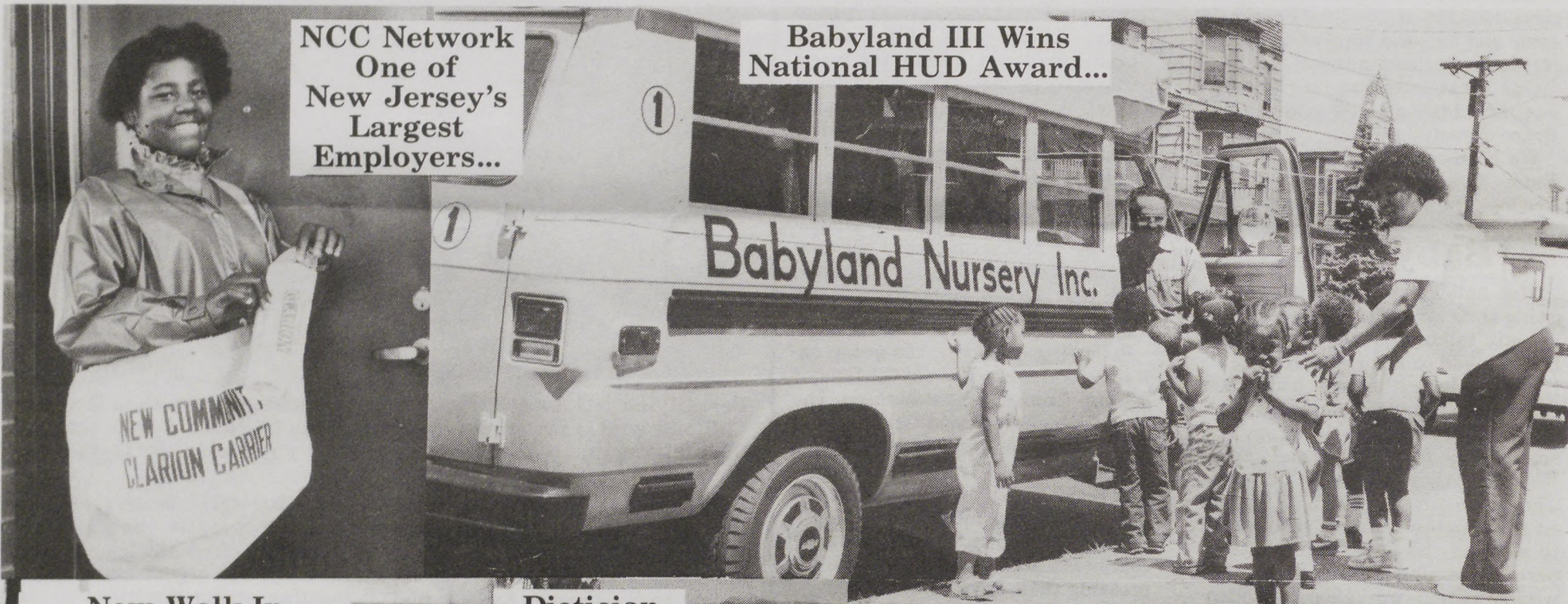
Mrs. Gloria Newsome and those working with her did a beautiful job of making the party a success. The community room was beautifully decorated, thanks to the artistic hands of Doris Crenshaw. We are very grateful and appreciate all those who made our day so happy. Those who cooked, served, entertained, set tables, the disc jockeys and those who coordinated the affair. It was really a happy fun day.

Merry Christmas! Happy New Year!

Phyllis Burton

Joyce Holmes
Social Services

Highlights of '84 at New Community Network



**NCC Network
One of
New Jersey's
Largest
Employers...**

**Babyland III Wins
National HUD Award...**

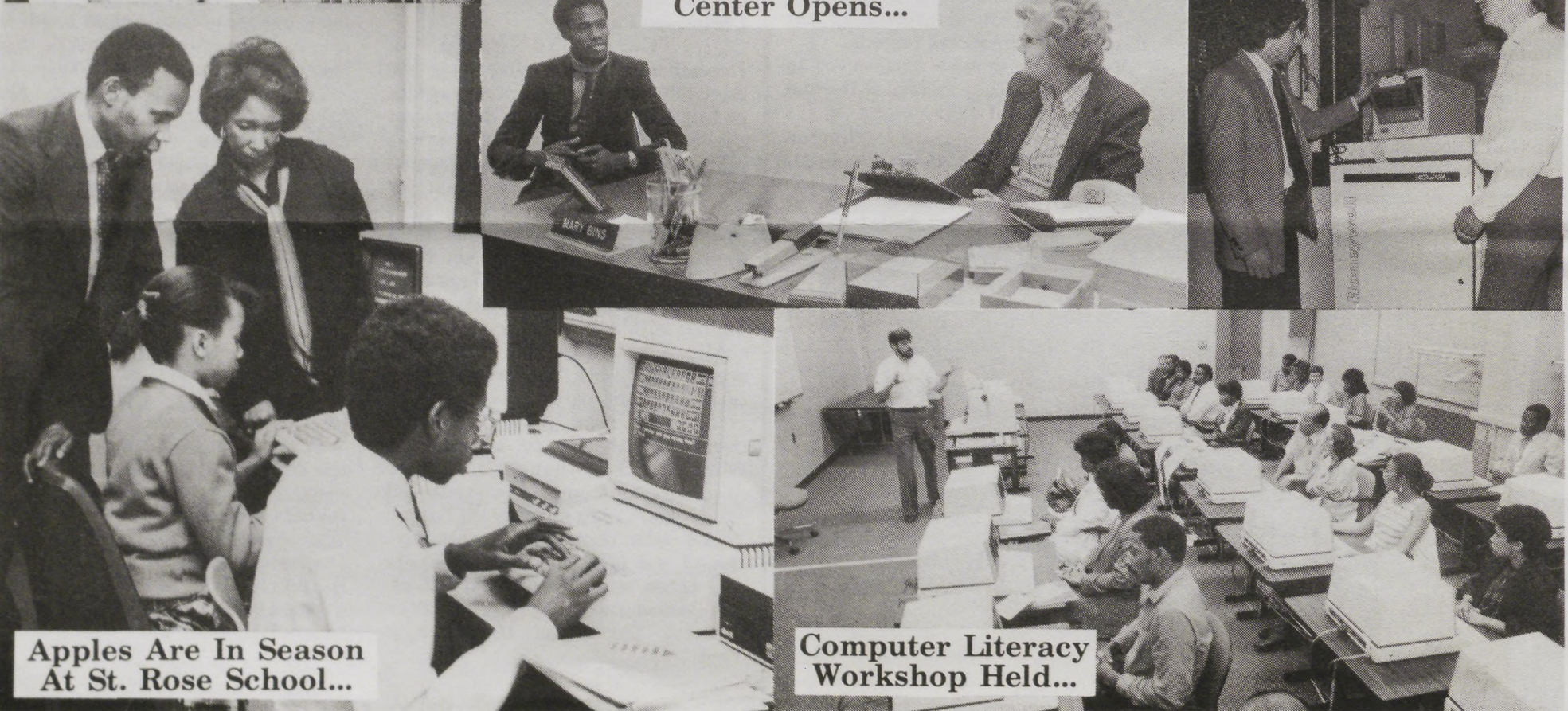


**New Walk-In
Refrigerator-Freezer
at Babyland III...**

**Dietician
Joins
Babyland...**

New Phone System...

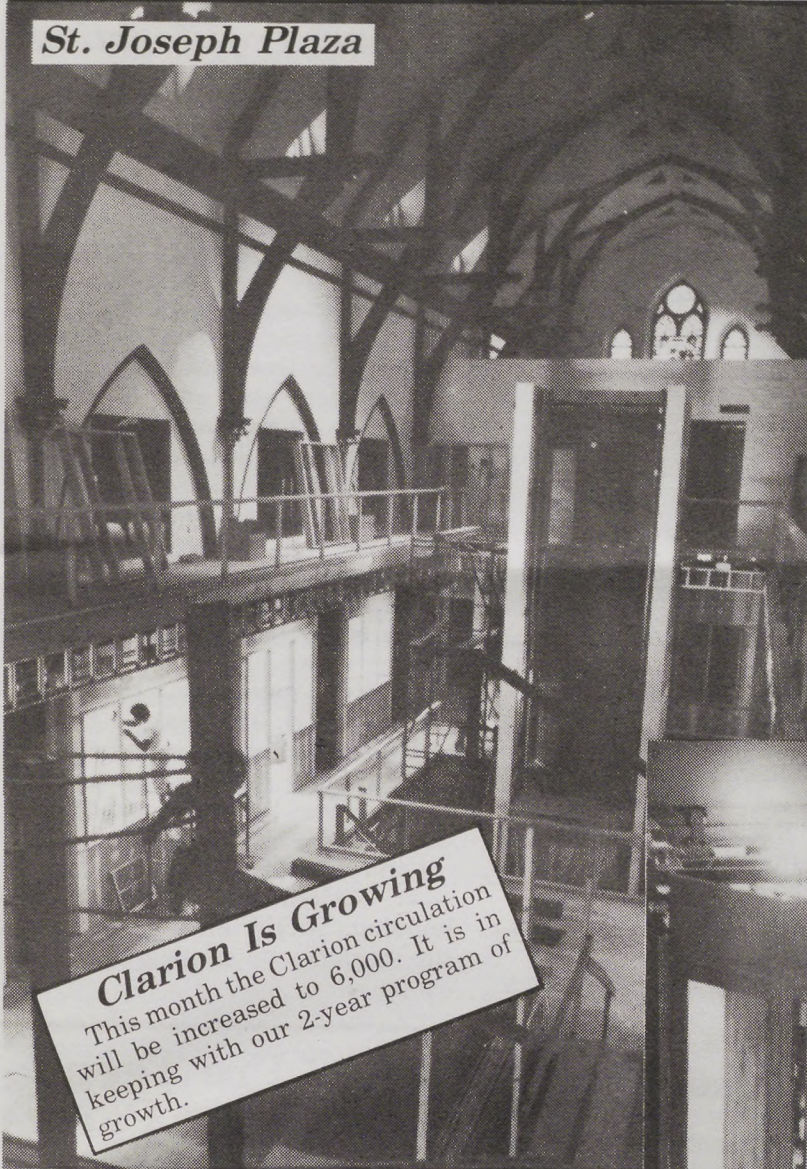
**NCC Employment
Center Opens...**



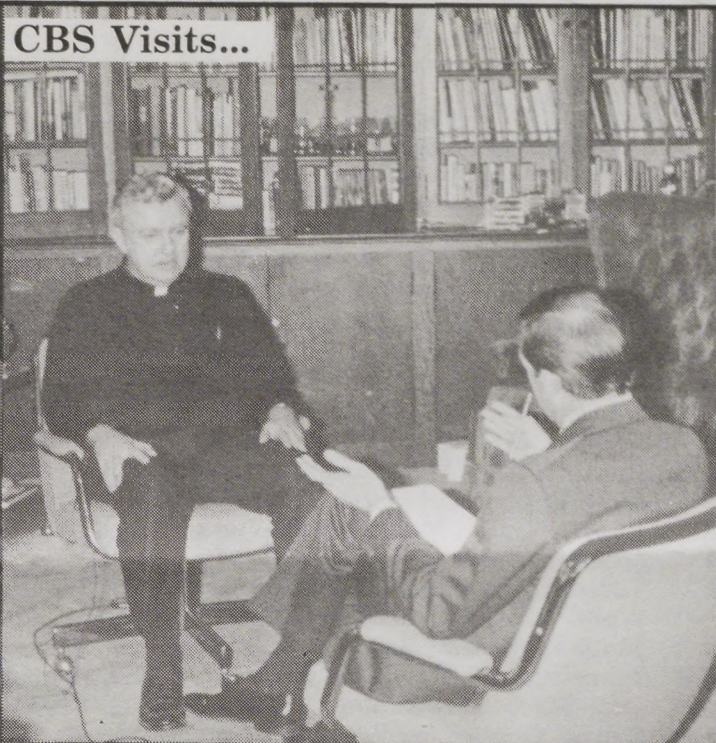
**Apples Are In Season
At St. Rose School...**

**Computer Literacy
Workshop Held...**

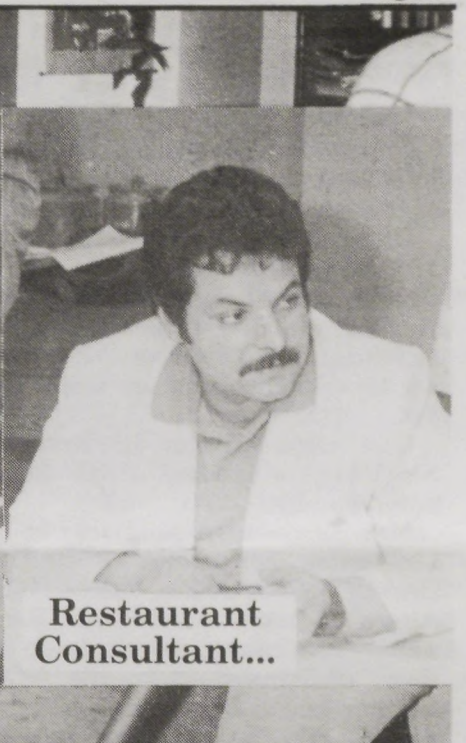
St. Joseph Plaza



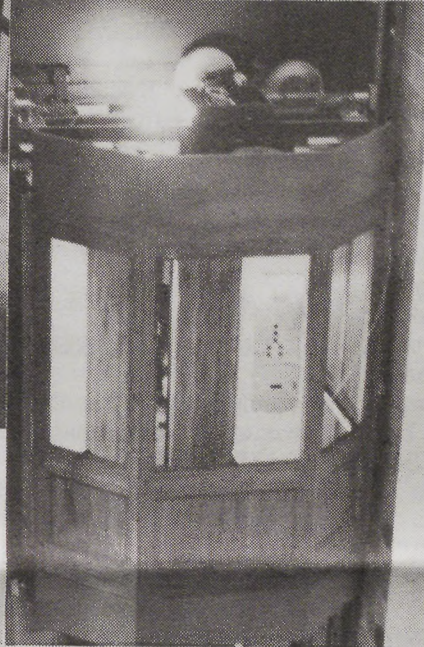
CBS Visits...



Restaurant Consultant...



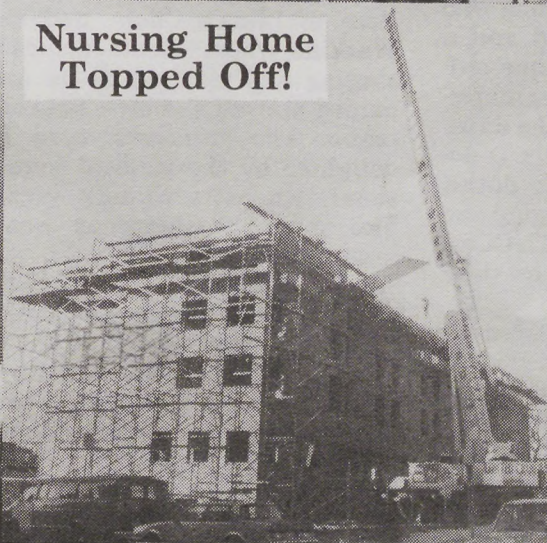
Clarion Is Growing
This month the Clarion circulation will be increased to 6,000. It is in keeping with our 2-year program of growth.



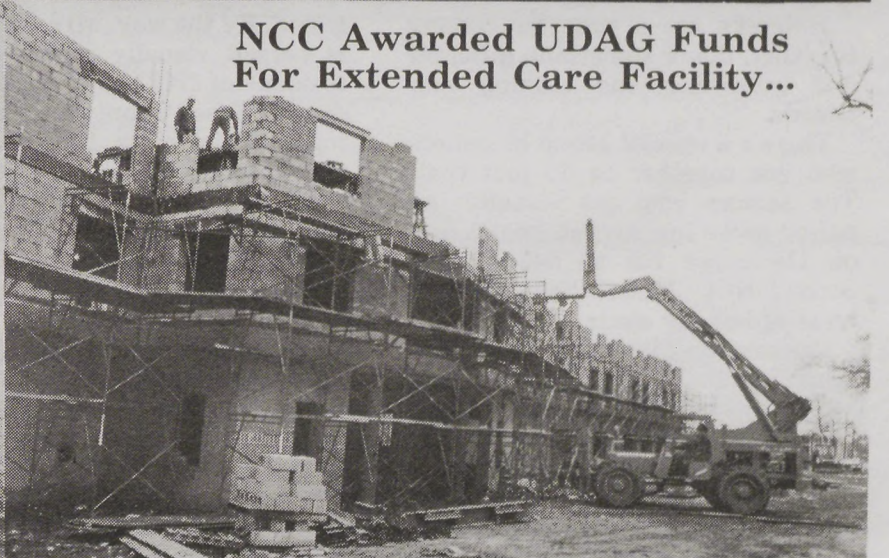
United Hospitals Signs Lease For St. Joseph Plaza...



Nursing Home Topped Off!



NCC Awarded UDAG Funds For Extended Care Facility...



New Community Federal Credit Union...



Archbishop Tours NCC...



NCC Announces Plans For Condominium Townhouses...



Mary Smith Appointed To State Human Services Advisory Council...

Dr. Kearney Back at Babyland...

At Your (Social) Service

In recent weeks, a great deal of attention has been given to the plight of the starving people of Ethiopia.

Often, when most of us see the graphic pictures of the starving children we feel a great sense of horror, and inability to be able to do anything. But there are some who see these scenes, and are moved to act.

One such person is Roberta Singletary, a resident of NC Commons Family.

Mrs. Singletary organized an NCC Committee consisting of Bertha Brown, Dolores Collier, Valerie Hall, Agnes Jackson and Georgia Ransome. The committee drew up a flyer, distributed it to the NCC tenants and collected funds to be sent to help the starving people of Ethiopia.

In the flyer the committee noted, "God has blessed us with beautiful housing, and an abundance of food and clothing." The response was a great outpouring of generosity on the part of the people of NCC as their efforts raised \$500.00 to help the cause.

Especially, during this time of the year we think of ourselves as part of a "Family of Mankind." This generous effort on the part of all who contributed, says much more in action, than words could ever say, about who is our "brother" and our "sister."

Those who contributed include the following:

Cassie Harvest, Pearl Maller, Mable West, Emma Dudley, Anna Quintas, Douglas Homes, Rachell Falcon, Bernice West, Margaret Barnwell, Mr. & Mrs. Holley, Dorothy Harris, Sister Smith, Sister Hellary, Mr. & Mrs. McCullough, Ruth Watson, Mrs. Hope, Mr. and Mrs. Wright, Carl Martin, L. Willis, P. Marks, Ella Mae Granger, Rosa Jones, Ida Pruitt, Sapranin Jones, Timothy Brookins, J. Bowan, Bessie Ward, Josie Edmonds, Aretha Moses, Leila Barnes, Zeph Johnson, John Pitts, Ray Holt, Mr. and Mrs. McFarland, Beatrice Sloane, Georgianna Brown, Arletha Jones, Mary Moultrie, Richard Barfield, Marian Simpson, Viola Walker, Irene Carr, Beatrice Baldwin, Lillian Caldwell, Gertrude Gillian, Lorna Cold, Anthony Comer, Mrs. Boyce, Robert Benney, Sam Fillmore, Endia Davis, Mrs. Michell, Steve Perkins, Trogdan, Oreza Lowery, Geneva Simmons, Mrs. Sykes, Julia James, Jose Sykes, Geraldine Byrd, Lillian Richardson, James Graham, Katie Brown, Gerard Jeter, Commons Family Tenants Association, Luiz Lopez, Evelyn Massenburg, Robert Benjamin, Ivor Carlisle, Virginia Scott and Lucy Coats.

Who Said "Seeing" is Believing?

Holidays are a time for coming together, doing something different and refreshing and making new friends.

There's a special group of seniors who got together to do just that. The seniors who are visually impaired and a few invited guests met on December 7th at 545 Orange Street, NCC Manor Senior, for a blast of holiday cheer.

It was a fun-filled affair; a scrumptious luncheon was prepared and served by volunteers at 545. Musical entertainment was provided by Mr. Curtis Watkins, and Mrs. Emily Ross, guessing games were played, and Mr. Julius Moses captivated the group by singing a lovely spiritual, and reciting scripture, after which everyone took a few moments to talk with the person next to them and give a verbal description of what they "saw."

For the finale the group roasted Sharyl, their leader, instructor and

friend. By the way, Mrs. Young who is herself visually impaired and a resident of NCC, is a full-time student at Essex County College majoring in Social Work. Under the direction of Mr. Gerry Gannon, she is doing her internship. Sharyl's duties are counseling and encouraging the visually impaired seniors of NCC to become socially active in their homes and community.

Special thanks is also given to Mrs. Dolores Paugh, a very close friend of Mrs. Young who gives unselfishly of her time to help Sharyl in any way she can. She even made a delicious cake to top off the luncheon. Upon leaving everyone received tins of imported butter cookies.

This is only the beginning and we expect to have a greater variety of activities for our special groups.

A special thanks to Mrs. Holmes of Social Services and all those who volunteered their time and talents.

For Your Information Health Information Available

Do you want information about arthritis or cataracts or any other health topics? Through TEL-MED, a special collection of health information tapes, this information is only a phone call away.

TEL-MED is a free community service of Clara Maass Medical Center in Belleville. To use TEL-MED you just call 741-7000 and give the number of the tape you want to hear. Over 250 tapes are available and each is 1 to 5 minutes long.

The TEL-MED tape library is open

Monday through Friday from 9 a.m. to 3 p.m. Some of the health topics and their reference numbers are listed below:

Alzheimer's Disease	#724
Medicare	#155
Senility and Aging	#560
Social Security and SSI	#152
Arthritis and Diet	#204
Osteoarthritis	#203
Cancer: Curable Disease	#181
Cancer: Seven Warning Signs	#183
Hospice	#169
Glaucoma	#009

January 1985 Family Activity Calendar

Date	Activity	Time
Mon. 7th	Manor Floor Captains	4:00 p.m.
	72 Hayes St.	
Wed. 16th	Manor Social Club	6:00 p.m.
	72 Hayes St. (community room)	
Mon. 21st	NCC Choir Rehearsal	5:00 p.m.
	Gardens Pavilion, 220 Bruce St.	
Wed. 23rd	225 Hunterdon Club meeting	6:30 p.m.
	225 Hunterdon St.	
Tues. 29th	Family Advisory Board Meeting	6:30 p.m.
	Gardens Pavilion 220 Bruce St.	

Commons Family News

New elected officers for 1985 are: Dolores Collier, President; Verdie Thomas, Vice President; Jean Hampton, Recording Secretary; Roberta Singletary, Treasurer; Phyllis Holloway, Captain.

3rd Annual Christmas Party For Seniors and Handicapped

On Monday, December 17, 1984, approximately one hundred NCC Senior and Handicapped residents attended their 3rd annual combined Christmas party.

The affair began with a short program which included a medley of Christmas carols, performed by the very gifted Emily Ross, Director of St. Rose of Lima's Choir, and Curtis Watkins, whose talents include both singing and playing, as he accompanied himself and Mrs. Ross on the piano. The residents were truly delighted by the magical sounds of these two extraordinary vocalists. The spirit of Christmas was felt around the room.

Following the program, the residents enjoyed a hot delicious Christmas dinner (with all the trimmings), prepared and served by the cooking staff of Babyland Nursery, Inc. Everyone remarked about the large amount of food they received. Many thanks to Sister Pat and her workers for rendering such expeditious service.

While the meal was being served residents were entertained by D.J. Larry "Dr. J" Johnson, of the U.F. Productions, Inc.

The seniors danced to the beat of the oldie but goodie sounds of the 50's and 60's. The crowd was elated when Santa (played by NCC Social Worker Joyce Holmes), and Mrs. Claus (our very own Mrs. Ellen Watson, NCC Senior Advisory Board member, and resident of NC Associates) arrived with a bundle of gifts for every resident that attended the party. Due to the very sincere efforts of Sister Anastasia Hearne, Assistant Director of NCC Social Services, residents and friends have each year been able to receive a gift at our annual Christmas party. Thanks go out to Sister Anastasia for her thoughtfulness and kindness.

Everyone had lots of fun!!
Gloria Newsome

Annual Tree Lighting and Carolling

NCC Social Services sponsored its 3rd Annual Christmas Tree Lighting Ceremony on Wednesday, December 5, 1984. This affair takes place each year at the beginning of the holiday season.

The ceremony took place in front of the Social Services office, where a gigantic fir tree had been planted three years ago and is now a beautiful Christmas Tree. Both children and adults anxiously await this day each yuletide season. There seemed to have been more enthusiasm and excitement this year than ever before, somehow, especially, on the part of the children.

The newly organized NCC Youth Choir, which has approximately forty-five members, performed magnificently. They sang a number of Christmas favorites and enjoyed every minute of their performance. A prayer was then said, and the tree was lit.

Following the ceremony the youth choir visited the senior citizen buildings in the area, to entertain the residents by singing Christmas carols.

NCC Pre Teens Christmas Party

On December 21, 1984, the NCC Pre-teens had a Christmas party from 4 p.m. to 8 p.m. All the children had a good time bobbing for apples, playing musical chairs, and dancing.

The meal was prepared by Virginia Scott, Ms. Collier, Ms. Martin, Ms. Chambers, and Beverly Fraizer. The children ate double cheese-burgers, macaroni salad, pickles, vanilla and chocolate shakes and cake. They really had a wonderful time.

I would like to thank Santa Claus for coming and I hope to see him around here again Next Year.

Thanks once again to Everyone!!!

NOW, THERE IS HELP

THE ESSEX COUNTY FAMILY VIOLENCE CENTER

SHELTER — COUNSELING
REFERRALS BY TRAINED STAFF
FOR
**BATTERED WOMEN
AND THEIR CHILDREN**

484-4446

24 HOUR HOT LINE
CALL ANYTIME

SPONSORED BY
BABYLAND NURSERY, INC.

WANTED — Health Spa Personnel

Health Spa is seeking physically fit individuals who are health oriented. Must be bright, articulate, energetic, enthusiastic, dependable, and enjoy working with people.

Certification in any health area is a plus.

We are seeking an assistant manager/sales personnel/instructors in aerobics. All shifts available. Flexible hours. Call Marie Monday thru Friday 9:00 a.m. - 5:00 p.m. at 623-2800, ext. 208.

NEWARK PUBLIC LIBRARY

Adds Sunday Hours

In a major announcement, the Board of Trustees of the Newark Public Library has decided to add Sunday hours of operation for the first time since the depression years. Sunday hours begin on January 6, 1985 and will be from 1:00-5:00 p.m. most Sundays during the School year.

"We have looked around at other major libraries nationwide and Sunday is generally a very popular and busy day for reading, working on projects and checking out materials," said Thomas J. Alrutz, Library Director, "we feel strongly about this decision and we hope the public responds accordingly." The last time Newark Public Library was open on Sunday was during the depression years, when unemployment forced millions of Americans out-of work. With no such thing as television to occupy time, many people used institutions like the Library to a great extent.

The addition of Sunday hours at the Newark Public Library seems miraculous in light of the massive lay-off of workers and limiting of service in 1982. But through various cost-cutting measures and continued strong support from the city of Newark and State of New Jersey the Library has stabilized and is now moving in a positive direction.

"Initially, the General Reference and Collections, Art and Junior Room areas will be open on Sunday," said Alrutz, "but if demand warrants the opening of other areas such as New Jersey Reference, Music and/or Education, we are amenable to thinking about it in the future." The Library's eleven (11) branches, bookmobile and the Business Library are not affected by the Sunday opening.

The Newark Public Library is located at 5 Washington Street in downtown Newark easily accessible by auto or mass transit. For more information, call the Library at (201) 733-7800.

Hansberry Lecture Series

Jewelle L. Gomez, Poet, Writer and Critic, will speak at the Newark Public Library on Thursday, January 24, 1985 at 7:00 p.m. in the auditorium, 4th floor.

The program is part of the Lorraine Hansberry Lecture Series which is permanently established at the Newark Public Library and which is partially funded by the Victoria Foundation. Ms. Gomez will speak about the contributions of Lorraine Hansberry as a woman, writer, humanitarian and social activist.

Jewelle L. Gomez has had her work appear in numerous New York publications including the **Village Voice**, **Womanews**, **Essence Magazine**, **Conditions**, **Thirteenth Moon** and **Ikon**. Two of her Anthologies, **Gap Tooth Girlfriends** and **Homegirls** have also been published.

She has taught classes in Theatre production, playwriting and creative writing and participated in numerous conference panels including: The Modern Language Association (1982), Amazon Autumn at Trenton State College (1981) and the National Women's Studies Association in Ohio (1983).

She is currently the Assistant Director of the Literature Program at the New York State Council on the Arts. She also recently completed her first collection of short fiction, **The Gilda Stories** and her second collection of poetry, **Flamingoes and Bears**.

The program is offered free of charge to the public. For more information, call the Library at (201) 733-7800.



Teen Dinner Dance

On Friday, December 7th, the first Teen Dinner Dance was held at New Community at the Gardens Pavilion. It was an "affair to remember" and one which made everyone who was connected with it, proud to be a part of it.

The ninety teens who attended were dressed in style, that is, no jeans or sneakers. The food was delicious and prepared by a wonderful group of volunteers, including JoAnn Edwards, Roberta Singletary, Virginia Scott, Bertha Brown, Marlene Martin, Dolores Collier, Mary Davis, Charlotte Peterson, and Ms. Usry.

The meal consisted of beef sausages and peppers, barbeque chicken wingettes, roast beef with wine sauce, roast turkey with stuffing, tossed salad, potato salad, baked macaroni and cheese, holiday candied yams, string beans, succotash, collard greens, homemade rolls with

butter and for dessert, holiday cake, ice cream and punch.

The music which was provided by our own Lee Brown, was just right.

This event was one of the first events that was sponsored by the newly formed NCC Youth Council.

Representation of the youth council was provided by five adult members, Mrs. Dolores Collier, Mrs. Marlene Martin, Nita and Gloria Chambers and Henrietta Hunter. Many of the youth members were in attendance.

To many who attended, this event marked the beginning of a new spirit among the youth of NCC. Many teens made up the committee that planned the affair, sold tickets, decorated and cleaned up after the dance.

Hurray for the NCC teens, and the youth council!

Sheila Washington

All In The Spirit Of Christmas

This Christmas was perhaps the busiest and most exciting one for NCC Social Services, because of the many programs that were offered for the benefit of all during the holiday season. Apparently Santa Claus himself must have spent quite a bit of time helping to plan the many enjoyable events. Just to mention a few:

—There was a magnificent Christmas Dinner/Dance for the seniors on December 17th at 180, where they enjoyed a seven course dinner. Everyone received a gift. More than 100 seniors attended.

—The teens held their holiday Dinner/Dance on December 7th. More than 90 teens showed up.

—The Pre-teen party was held on December 21st. There were little people all over the place, and boy did they party! They screamed with excitement at the unexpected visit of their special surprise guest, "Santa Claus."

—An Appreciation Luncheon for family leaders was held on December 14th. Forty leaders joined in and celebrated the '84 achievements over a lovely hot and cold buffet. Each person received gifts and toys for their children. Kind words were spoken, warm, thoughts were shared of days past and hopes for the future.

—Establishment of a NCC Family Choir. More than forty persons, mostly youngsters, joined in one accord, in tunes of harmony to form the start of NCC's own choir, under the most capable leadership of Curtis Watkins, Director of the St. Rose Choir. Senior buildings at Associates, Commons and Gardens Tower were visited by the choir, as the group sang warm Christmas carols to the seniors.

—Tree Lighting Ceremony took place on December 3rd. The choir performed and "then there was

light." The gigantic spruce lit up. Following the carolling, everyone assembled in the Social Service community room for "hot chocolate and butter cookies," for the finale.

—Handmade Patch Dolls given to NCC Children. Seniors from Gardens and Associates made cloth dolls that were given to those youth of NCC who have been active and supportive during the past year.

—Food and toys. More than 125 food baskets were distributed to residents. More than 200 families were assisted with toys. Approximately thirty were provided with clothing assistance. These items were generated through a variety of fund raising or solicitation efforts.

—Christmas Shows for families. Free tickets for three popular shows were provided to residents of NCC through the N.J. Special Audiences. Transportation was provided by NCC. These donations afforded residents an opportunity to take their children to see a live show, who might not otherwise have had an opportunity.

—Santa also visited the handicapped. Baskets of food, fruit and toiletries were delivered to the disabled, lighting a spark of hope for the future.

In essence, New Community made an all out effort to really help those who were truly in need. We sincerely hope that everyone had a pleasant holiday season and that you have a much more prosperous and healthy new year.

We wish to express gratitude to the many persons and/or entities who helped to make the spirit of Christmas at New Community a success. Without the support and cooperation of everyone this would not have been possible.

V. Scott

Seniors Make Dolls For Children



Because of the difficult economic situation that is affecting everyone today, twelve senior citizens from NC Associates and NC Gardens opted to make dolls that could be given as Christmas presents to those children of New Community, who are in dire need and might otherwise not get any gifts for Christmas.

The dolls were made of cloth fabric cut from patterns, and stuffed with cotton. Some had hand painted faces while some sported button eyes. They all wore different outfits. Both the

clothing and bodies were made with a lot of love and painstaking effort.

Some of the seniors who worked on the project were wheelchair bound, but that did not deter their enthusiasm to help their little friends who were looking forward to Christmas morning and a present under the tree.

The project went so well, it will be continued and the dolls sold as a fundraiser to create other hand made items.

SUBURBAN BATTERED WOMEN HOTLINE

Located at Caldwell College

Sponsored by Babyland Nursery, Inc.

Program to End Abuse in the County of Essex

FOR HELP CALL 226-6166

Counseling and Referrals Available

Social Violence Workshop Held

Recently two workshops were presented by Dr. Lynn Reynolds and Dr. Gerald Shattuck, co-directors of the Institute Against Social Violence. The Child Abuse workshop included color slides and video tapes of: 1) Medical indications and body identification of beatings on all parts of the body; 2) how to assess age (number of days) of body bruises; 3) reasons for child abuse and neglect; 4) incest identification; 5) sexual assault; 6) alcohol impairment; 7) high risk populations and 8) case management.

The Family Violence workshop included an extensive presentation of: Battering and Violence aspects; the dynamics of the abusive family; the impact of alcohol/substance abuse; basis of stress, with techniques for



Dr. Lynn Reynolds conducts workshop for Institute Against Social Violence.

stress management; legal aspects and suggested bibliography. The 1983 New Jersey statistics included 24 thousand cases of reported domestic violence. Seventy percent included assault, in which 4.5 thousand abusers were arrested.

Throughout each workshop was continuous question and answer space which supported an open learning/sharing environment which was well received by attending social workers, substance abuse counselors, police officers, corrections officers and attorneys. This writer conversed with most who attended and it seemed that everyone gained new and/or useful information to facilitate effective social service/human service delivery.

Beverly Dunn

Newark Museum Events

Kidstuff

Presto — It's Magic!

The amazing Presto brings comedy, magic and juggling to young visitors. The stars are Chicky Wicky, a puppet chicken who does everything she can to ruin Presto's act, as well as Ducky Wucky, Crowy Woey and the Three Little Pigs. *Saturday, January 12, 1:30 p.m. Court. Free.*

Art Workshop for Juniors

The Junior Museum will give half-hour Black History Month workshops for ages three and up. Children are invited to whet their creative appetites. *Saturday, February 16, 2:15-3:45 p.m. Junior Museum. Free.*

Planetarium

Snowflake Stars

Learn Greek myths and legends about winter constellations like Orion and Ursa Major and Minor, also known as the Big and Little Bear. *Saturdays at 1:00 p.m. Children under 7 must be accompanied by an adult. Admission 75¢.*

The Christmas Star

This holiday show takes you back with the Magi two thousand years, to the Holy Land in search of the star of Bethlehem over Persia. *Saturdays and Sundays in January at*

2:00 and 3:00 p.m., Wednesdays at 3:00 p.m. Children under 7 not admitted. Admission 75¢.

Gate to Eternity

A new science fiction show that explores the formation of the solar system and universe. Travel past Mars and Venus on a voyage to a nearby star system only to return to Earth for a surprise!

Saturdays and Sundays in February at 2:00 and 3:00 p.m., Wednesdays at 3:00 p.m. Children under 7 not admitted. Admission 75¢.

Siesta: A Concert Under The Stars

Relax and listen to music of the great composers on our new Sony laser sound system. *Wednesdays at 12:15 p.m. Children under 7 not admitted. Admission 75¢.*

Science

The World of Bats

The fascinating and misunderstood world of bats will be examined in a slide lecture by Dr. Douglas Morrison, animal behaviorist and Professor of Zoology at Rutgers University. Dr. Morrison will describe his studies of tropical fruit bats in Gabon and Panama. Bat Conservation International will also give a 30-minute slide presentation.

Sunday, January 20. Continuous activities 1:00-4:00 p.m. Lecture 3:00 p.m. Science Theatre. Free.

Turtle Back Zoo

Embraces Valentine's Day With Bear Hug

Essex County's Turtle Back Zoo salutes Valentine's Day with an approving bear hug as it sponsors its "Third Annual Valentine's Day Poetry Contest," open to all Essex County students in grades two through eight.

The theme of this year's contest is bears, alive or stuffed. Students are encouraged to submit poems about their favorite stuffed bear, Theodore Roosevelt, whom the Teddy Bear was named after, conservation and all types of living bears such as polar bears, pandas, koalas and, especially, the New Jersey Black Bear.

The poetry contest's deadline is Sunday, January 20. The poems must be 24 lines or less and must be clear-

ly printed or written. Included should be the poet's name, address, city, zip code, phone, school, teacher and grade. They can be submitted or mailed to The Education Center, Turtle Back Zoo, 560 Northfield Avenue, West Orange, New Jersey, 07052.

Turtle Back Zoo is a facility of the Essex County Department of Parks, Recreation and Cultural Affairs. Its winter hours are 10 a.m. to 4:30 p.m. and it is open seven days a week. Admission is \$2 for adults and 75 cents for children.

The poetry contest is co-sponsored by Urban Voices, a coalition of artists and poets dedicated to promoting literature and art for people of all ages.

TO YOUR HEALTH

"Lookin' Good" is more than a nice outfit and a super hairstyle. It is a feeling that radiates from within — the result of healthy food, exercise, sensible living habits and an enthusiastic attitude toward life.

Of course, getting there requires effort. Practically everyone at some time or another has dieted, is dieting, or flirts with the idea of dieting. So why is it with so many diets around, very few people are winning the battle of the bulge? If you stop and think about it, you'll probably realize that you literally can't go anywhere without hearing the droning and bemoaning of someone who has been "starving" and just hasn't lost a pound. Well, before I get too technical, I want to review one important fact. Every year in this country over one hundred million dollars is spent on "diet pills" and other concoctions to combat the battle of the bulge. Quite frankly dieting is an irrational approach to weight loss.

Most diet regimens wreak havoc with your health. You might be short-changing yourself of essential nutrients in your quest for a weight loss. A sound weight control program concentrates on behavioral patterns and lifestyle, not pounds. It does not demand radical changes in your taste or way of life or rob you of your health; it allows for flexibility and choice and provides for ample nutrients to maintain a high level of health.

At the New Beginnings Health Spa and Wellness Center, we have designed a nutritional diet and exercise program geared toward long-term changes in lifestyle resulting in permanent weight loss and healthier habits.

We've called it "you at your best." The program is designed to get permanent results, that is, once you reach your desirable weight goals, it will be easier to maintain them. A permanent program changes your metabolism so you are able to take in energy (food) and convert it efficiently.

This is accomplished through exercising in a consistent aerobic program, eating nutritionally balanced

foods, and eating at regular intervals. The importance of a consistent aerobic exercise program cannot be overstated. Many people have the misconception that an aerobic exercise program means the same as aerobic dance. A good aerobic exercise program, one that will effectively boost your metabolism is done for at least 30 minutes and performed on a consistent basis, 3 days a week. The key is to choose an exercise that you enjoy doing so you will want to do it three days a week.

For an exercise to be truly aerobic, a person needs to exercise at his/her target heart rate zone. To figure your target rate zone, subtract your age from 220, then multiply the difference by 80. Keeping this number in mind, you should elevate your heart rate to this point and maintain it for at least 30 minutes by walking, running, jogging, biking, swimming or some other enjoyable form of exercise. It is a good idea to get a complete physical before starting any diet or exercise program to become aware of any precautions you must take.

Once you get started on your exercise program, you'll naturally want to eat proper foods, that is, ones that give you the right balance of nutrients. Be conscious of the fat and fiber content of the foods. If you eat foods high in fiber (raw fruits and vegetables) they are naturally going to be low in fat.

Many labels on food containers (such as breads, cereals, grains, ice cream, milk) list the fat, fiber and caloric content. Make it a habit to always read the label before buying. Be sure to comparative shop. Compare the labels on two different cereals or ice creams, you'll be amazed at the fat and fiber difference.

This difference can significantly affect how quickly you reach your desirable weight. To summarize, remember these three guidelines: (1) consistent aerobic exercise, (2) nutritionally balanced food plan, and (3) regular eating intervals. These lifestyle habits are the tools that will give you permanent weight loss and keep you at your Best!

Marie C. Damestoir

★ ★ ★ *Happy New Year* ★ ★ ★



at ST. JOSEPH PLAZA
233 WEST MARKET ST.
NEWARK, NEW JERSEY

New Beginnings Health Spa and Wellness Center is Newark's newest and most sophisticated health spa, located in the newly renovated St. Joseph Plaza, 233 West Market Street, Newark, NJ. It is a comprehensive fitness Center, designed with the sparkling and relaxing atmosphere of a social club.

At the New Beginnings Wellness Center a physiologist has developed a complete prescription step by step monitoring system, to ensure that you will attain your physical goals.



* We offer you a safe, individually tailored program. You will receive a detailed fitness evaluation test, including blood pressure reading, two phase cardiovascular analysis, flexibility, endurance and strength test, percentage of body fat test.

* At New Beginnings Health Spa our trained staff of exercise professionals will supervise you on the

most sophisticated state of the art equipment available today. Circuit training with Universal and Nautilus equipment will be used. After a workout, a soothing sauna, or a relaxing stay in the huge hydro whirlpool will relax every muscle in your body. Men's and Ladies' massages are also available.

* There will be private locker rooms for men and women, with showers and dressing rooms.

* We will have aerobics and calisthenics exercise programs frequently.

* We offer special discounts and programs for senior citizens and students.

* We offer unlimited visits at an affordable price.

* We have geared our hours for the working people:

Monday thru Friday 9:00-9:00
Saturday 9:00-5:00

We at New Beginnings invite you to investigate our full range of services, which are designed to pamper your body and mind. We believe in excellence, and we are sure you will agree that New Beginnings is the best alternative toward your health and fitness needs.

Inquire about:

- * Corporate discounts
- * Group rates
- * Discounts and early-bird membership
- * Child care services

Contact Marie C. Damestoir for more information at 623-2800.



FOOT FACTS:

In 1774, Dr. Low, London, England, wrote about corns and described what he thought were roots. Today, we know that corns do not have ROOTS and do not GROW. Corns are merely symptoms which indicate that an area is being irritated.

What is a Corn?

A corn is a collection of hard, dry, dead cells piled one upon the other. Some take the shape of a small cone or inverted pyramid with the point pressing into the sensitive underlying tissue.

How Do Corns Form?

Corns build up gradually over a period of time where there is excessive pressure and friction. The skin becomes irritated and gradually thickens as nature attempts to protect the area. This cycle of pressure, friction and ultimate thickening of the skin can progress to agonizing proportions. Indirectly, the cause (pressure and friction) can be due to improper footwear, foot imbalance, hammer or distorted toes, bony growths, spurs, etc.

Why Corns Cause Pain

The irritation from a corn may vary from a minor discomfort to an excruciating pain. This is due to pressure on the sensitive nerves directly beneath the hard mass. Since corns have no nerve supply they are not in themselves painful.

Why Corns Do Not Have Roots

In nature, roots have a twofold purpose, anchoring and nourishing. Since corns are composed of layers of dead cells they obviously possess neither roots nor nerves.

Types of Corns

The most common is the hard corn

The Common Corn

Dr. Kenneth
Frank
Podiatrist



usually found on the top or tip of the toes. Others are the soft corn between the toes, where perspiration macerates the area, and seed corns found on the sole of the foot. These, and others not so common, can be further complicated by extreme inflammation, infection, bursal formation beneath the mass, or a sinus sometimes penetrating to the bone itself.

What Not To Do About Corns

Stop cutting your own corns (or those of a friend). Daily, the podiatrist sees the disabling results of "bathroom surgery," with resulting infection that sometimes endangers the life of the victim. Do not be misled into applying so-called "corn cures." Many of these ointments, liquids and pads contain powerful acids which can burn the skin chemically. Extreme pain and infection often result.

What to Do About Corns

Visit a Foot Doctor. With modern scientific treatment he may be able to furnish immediate relief. By careful diagnosis he will discover the cause of the trouble. Your podiatrist is best qualified to suggest measures to correct this condition. Treatment can range from simple reduction of the dead skin mass to surgery for removal of a bony overgrowth or straightening a toe.

Be Sensible About Salt

It is naturally present in most foods. It is added to canned, packaged, and frozen foods to flavor and preserve them. We add it during cooking. We sprinkle it on our meal at the table. It makes food taste good. And it is good for us — in limited amounts.

Salt is a necessary part of life, not only because it flavors and protects foods. Our bodies need sodium, which is present in salt, because it helps to maintain blood volume, regulate water balance, transmit nerve impulses, and perform other vital functions.

But many people consume far too much of it. Salt consists of 40 percent sodium and 60 percent chloride. One teaspoon of salt has 2 grams of sodium. The Food and Nutrition Board of the National Academy of Sciences believes that an adequate and safe level of sodium each day is 1.1 to 3.3 grams. Americans now consume between 2.3 and 6.9 grams daily.

High Blood Pressure

Older people in particular should be cautious about using too much salt. The main reason for caution is that overuse of sodium is one factor that is associated with high blood pressure (HBP). Having a family history of HBP and being overweight are major factors too. HBP, in turn, can lead to heart disease, stroke, and kidney

failure. Blood pressure rises with age, and all of these disorders are much more common among the elderly.

Restricting the amount of sodium in the diet helps lower HBP in many individuals who already have the disease. It also can increase the effectiveness of drug treatment, making a lower dosage possible.

How to Cut Back

As people grow older their sensitivity to flavors and smells usually decreases. Because of this, there may be a desire for more salt to combat the flat taste of foods.

If your doctor has suggested that you cut back on salt, there are several steps you can take. It is easy to change a few dietary habits that will reduce the level of sodium without changing the diet drastically.

First, learn which foods in general contain less sodium. Fresh foods usually have less sodium than processed ones. Fresh meats, for example, are lower in sodium than processed ones such as lunch meats, bacon, hot dogs, sausage, and ham, all of which have sodium added to flavor and preserve them.

Likewise, most fresh vegetables are naturally low in sodium. Canned vegetables and vegetable juices

usually have salt added, but some new lines are canned without it. Plain frozen vegetables without sauces are generally low in sodium. Fresh, frozen, and canned fruits and fruit juices are low in sodium.

Commercially prepared foods such as soups, frozen dinners, and other convenience items have salt added in their preparation. Some of these are available with substantially less sodium, so check the labels.

Snacks such as potato chips, pretzels, corn chips, popcorn, crackers, and nuts normally have a great deal of salt added and are best used sparingly.

When grocery shopping, look for low-sodium and sodium-free items. Many food manufacturers list the sodium content of their products on the labels. (Food labeled "salt-free," "sodium-free," "low-salt," or "low sodium" must have this information.) If sodium is one of the first three ingredients listed, the product is high in sodium.

When cooking meals at home, try to reduce gradually the amount of salt you use each day. And remember that adding salt is not the only way to flavor foods. You can also use lemon, pepper, herbs, spices, onion and garlic powders (not salts), powdered mustard, small amounts of sugar, finely chopped garlic, and

fresh grated horseradish. Experiment with flavorings you haven't used before.

At the table, taste the food before adding salt. If you think the food needs some, add only a small amount.

Ketchup, mustard, relish, salad dressings, sauces, brines, and dips contain sodium. As your use of salt goes down, it may be tempting to use more of these. But go easy on them. Pickles and olives are also prepared with a considerable amount of sodium.

If food tastes more bland than it used to, try chewing it more thoroughly. Chewing breaks down food, allowing more molecules to interact with taste receptors in the mouth. It may also help to alternate bites of different foods. When you eat several bites of the same food, the flavor is stronger in the first bite than in the following ones.

Before using a salt substitute ask your doctor about it. These preparations usually contain potassium, which can be harmful to people with some medical conditions.

When eating out, choose items, that are less likely to have large amounts of salt added. Some restaurants will prepare low-sodium meals if asked to do so.

Courtesy of U.S. Department of Health and Human Services.

Things Are Not Always What They Seem

Have you ever observed something and thought it was one thing when it wasn't that at all but something else, entirely different? The words to songs do not always mean what some listeners think they mean. Expressions people use do not mean what some hearers think they mean. Objects are not always what they appear to be, nor people what they appear to be either.

Found in many places, and looking like gold, is pyrite. Many prospectors have thought that they discovered gold only to find that it was pyrite, sometimes called "fools gold." Zircon, a semi precious stone, was often used as a diamond substitute. Many people thought that they had a diamond when actually the stone they had was a zircon.

Africans kidnapped from their family and homeland, and pressed into servitude in America ever longed to return home. Often while working under the hot sun in the fields they would express the heartfelt desire in song. When they sang "Steal Away" the overseers thought that they yearned to die and go to heaven, but that was far from their minds. More likely they wanted the overseers to die and go to that other place, but their song expressed a desire to return home to Africa on the same ship that brought them here, Captain Hawkins' ship named 'Jesus.' So the song 'Steal Away to Jesus' meant that they wanted to quietly slip aboard the ship 'Jesus' and sail back to Africa, family, and home.

Nothing good was associated with Captain Hawkins. On the contrary, bad things were associated with him, like bad weather, cold weather, and trouble. When a person was leaving a warm abode to venture out into the cold, he would be admonished, "look out Hawkins is going to get you" meaning the cold weather would make you feel uncomfortable or miserable.

It was a common thing for field laborers to start work just before the light of day and stop work a lit-

tle after the light ceased and darkness set in. When a laborer started to work it was still dark and he couldn't see; and when he stopped work it was dark and he still couldn't see, thus he expressed that he worked "from caint see to caint see."

Field slaves would listen expectantly for the song "go down Moses way down in Egypt land..." not because they wanted to go to Egypt, but because they wanted Harriet Tubman to lead them northward to freedom. When she came, the slaves would literally disappear. Said the overseer, the slaves disappeared as though they took an 'underground railroad.' Harriet Tubman, sometimes referred to as 'Moses' was the conductor of that 'underground railroad' over which countless thousands of nameless slaves fled from bondage.

Couvade is a custom in accordance with which when a child is born the father takes to bed as if bearing the child while the mother is up and around. Family and friends pamper him and show him attention as though he was experiencing some ordeal. At today's prices the 'couvade' custom just might return, with possibly one accommodation: the child, the mother, and the father, all three, would take to bed --- howling.

The Trojans thinking that the huge wooden horse at their gates was sacred and would bring protection of the gods, pulled the attractive structured into their city, where later the Greek warriors inside the horse crept out, opened the city gates for the rest of their warriors, and together slaughtered almost all the Trojans, and burned Troy. What seemed to be a harmless gift turned out to be a vehicle of destruction.

"This is very true in life. One should always carefully analyze situations, moves, contracts, and people before making a decision for things are not always what they seem.

Lewis Graves
Springfield Branch,
Newark Public Library

Martin Luther King Anniversary

The anniversary of Dr. Martin Luther King, Jr.'s birthday on January 15th, recalls for us his dream and his vision. It was a dream rooted in his faith in God and in the Hebrew prophet's vision of a kingdom of peace and justice for all nations of the earth.

Exactly a year before his death he spoke out courageously, linking the issues of war, racism and economic justice even though he quoted his critics as saying that "peace and civil rights don't mix." Today the cry of the hungry, the homeless and the unemployed, along with fear-some arms buildup call on us to celebrate Dr. King's vision and make it our own.

Indeed the God who calls us to "hammer swords into plowshares" is also the God who wills each person "to sit under their own vine and

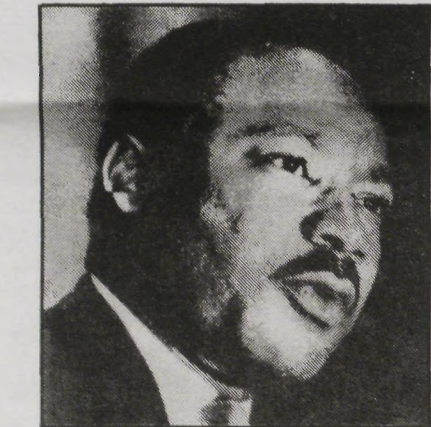


fig tree" (Micah 4:3-4) in justice and security.

This year's celebration is a summons to realize again this dream in prayer, worship and in a renewed commitment to action. Dr. King's dream will remain just that unless our united hearts and hands transform it into reality.

The Toymaker



St. Rose Choir Students who recently presented "The Toymaker" at St. Rose School are pictured above. The toymaker was discouraged because he loved his toys but had to give them all away and have them thrown under trees. He didn't appreciate Christmas. The toys also loved the toymaker and decided to cheer him up by telling him the story of Jesus' birth.

Raggedy Ann became Mary, Raggedy Andy was Joseph. One of the toymaker's dolls became the Christ Child. Toy soldiers became the shepherds in the field.

Even the jack-in-the-box came alive as they all reenacted the true story of Christmas and brought the Christmas spirit back into the life of their beloved Toymaker.

Mrs. Emily Ross directed the presentation.

See Mom, There IS A Santa!

This moving story of Christmas 1984 at the Babyland run Essex County Family Violence Shelter radiates the true meaning of that special day.

About two weeks before Christmas I overheard a 3 year old girl asking her mom, a shelter resident, when Santa was coming. The mother said that Santa wouldn't come until they found their own place to live. She was having a very difficult time explaining Santa's delay to her daughter. All the children in the nursery and in school kept talking about all they were getting for Christmas.

The mothers had no idea that there would be a Christmas celebration at their temporary home. When the mothers and their children went to bed on Christmas Eve the house was quiet. They slept on through 8 a.m.; mothers explained to me that there was no reason to wake the children, only for them to be disappointed.

The staff finally had to go upstairs to wake everyone up. The children believed and excitedly jumped down

the steps, in a hurry to see their gifts. They all met at the living room door. When the lights went on, every chair in the room, the coffee table and end tables were marked with each person's name and piled high with gifts. Christmas appeared to be more of a surprise to the mothers than it was to their children!

From this point on it was a typical family Christmas — turkey in the oven and home made pies. Everyone enjoyed themselves.

This day could never have been as homelike and happy if it weren't for all our very generous friends. Some contributors include:

Sacred Heart Church, Lyndhurst
Ketchum and McDougal, Newark
St. Vincent's Church, Bayonne
Junior Woman's Club of Verona and Roseland

Junior League of Orange/Short Hills

Zonta Club, Newark

Thanks to all of you who made these smiles possible. God bless you!

Sister Clare Elton
Essex County
Family Violence Shelter

St. Rose Choir To Perform

The Junior Choir of St. Rose of Lima will perform at the Cathedral of the Sacred Heart, 89 Ridge Street at Park and Clifton Avenues in Newark on Sunday, January 20, 1985 at the First Annual Celebration Eucharist Liturgy in honor of Rev. Dr. Martin Luther King, Jr. At this occasion, His Excellency, the Most Reverend Peter L. Gerety, D.D., Archbishop of Newark will be the principal celebrant, while the homily will be delivered by the Most Rev. Joseph A. Francis S.V.D., D.D., Episcopal Vicar of Essex County.

This will mark the first time our choir has performed at the Cathedral,

and both directress, Mrs. Emily Ross, and her students are excited about the invitation.

Each year for the past several years, in observance of Dr. King's birthday, this young musical group has also been asked to perform at College Hospital at the University of Medicine and Dentistry of New Jersey. It is at celebrations like these, ranging from assembly programs with inspired songs, to dramatic readings depicting the life of Martin Luther King, Jr., that our students realize the impact this great Civil Rights leader has made not only in their life but also that of the world.